



Southern Peaks Regional Treatment Center POLICIES & PROCEDURES MANUAL

POLICY NAME: School Wellness Policy		
POLICY NUMBER: 101.1.21	ORIGINATOR / DEPARTMENT: SPRTC	
EFFECTIVE DATE: 1/2023	REVIEW DATE: Annually	REVISED DATE:

POLICY

Abraxas Youth & Family Services (AYFS) and the Phoenix Academy at Southern Peaks Regional Treatment Center (SPRTC) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. SPRTC Leadership, the Abraxas Youth & Family Services Officers, and the Cornell Abraxas of California, LLC Board of Directors are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

A. PROGRAM OVERVIEW

Phoenix Academy will provide students with the following:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades 6-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

DELEGATION OF RESPONSIBILITY

The Phoenix Academy Education Director will be responsible for the implementation and oversight of this policy to ensure the programs and curriculum are compliant with this policy, related policies, and established guidelines or administrative regulations.

1. Staff members responsible for programs related to school wellness will report quarterly to the Director of Education regarding the status of such programs.
2. The Education Director will annually report to the SPRTC Leadership Team regarding compliance with this policy.
3. The Director of Education and the Food Service Supervisor will report annually to the SPRTC Leadership Team regarding compliance with law and policies related to client/student wellness. The report may include:
 - a. Assessment of school environment regarding school wellness issues.
 - b. Evaluation of food services program.

- c. Review of all foods and beverages given in schools for compliance with established nutrition guidelines.
- d. Listing of activities and programs conducted to promote nutrition and physical activity.
- e. Recommendations for policy and/or program revisions.
- f. Suggestions for improvement in specific areas.
- g. Feedback received from Abraxas employees, students, parents/guardians, community members and the Wellness Committee.

WELLNESS COMMITTEE

The Education Director and the SPRTC Leadership Team will establish a Wellness Committee comprised of, but not necessarily limited to, at least one of the following: An SPRTC Leadership Team member, a Phoenix Academy supervisor, a food service representative, a medical department representative, a physical education teacher, a student, a parent/guardian, and a member of the community.

1. The Wellness Committee will serve as an advisory committee regarding student health issues and will be responsible for developing, implementing, and periodically reviewing and updating the School Wellness Policy.
2. The Wellness Committee will annually inform and update the public (e.g., parents/guardians, referring agencies, community members) on the content of the Wellness Policy, to include any policy updates.
3. The Wellness Committee will review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

TRIENNIEL ASSESSMENT and REPORT

1. The SPRTC Leadership Team, in coordination with the Wellness Committee, will complete a triennial assessment of the Wellness Policy and update the policy if necessary.
2. The triennial assessment will include the following:
 - a. Compliance with the policy.
 - b. Comparison of the Abraxas Phoenix Academy policy to a model school wellness policy.
 - c. Progress made in attaining the goals of the Wellness Policy.
3. The triennial assessment is made available to the public.

NUTRITION EDUCATION GOALS

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

1. Nutrition education will teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
2. Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives.
3. Nutrition education lessons and activities will be age appropriate.

4. Nutrition curricula will teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.
5. Nutrition education will be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.
6. Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.

NUTRITION PROMOTION GOALS

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

1. Consistent nutrition messages will be disseminated and displayed throughout the dormitories, schools, classrooms, and cafeteria.
2. Consistent nutrition messages will be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.
3. SPRTC will offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

PHYSICAL ACTIVITY GOALS

1. The Phoenix Academy will strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
2. A physical and social environment that encourages safe and enjoyable activity for all students will be maintained.
3. Extended periods of student inactivity, two (2) hours or more, will be discouraged.
4. Physical activity will not be used or withheld as a form of punishment.
5. Students will have access to physical activity facilities, such as field activities and gym time, outside school hours in accordance with established SPRTC rules.
6. SPRTC will partner with community members and organizations when available to institute programs that support lifelong physical activity.

PHYSICAL EDUCATION GOALS

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards will be developed and implemented. All students must participate in physical education.

1. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation will be provided.
2. Physical education classes will be a means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

3. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime will be provided in the physical education program.
4. Physical Education will be taught by certified health and physical education teachers.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

1. Drinking water will be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.
2. Nutrition professionals who meet hiring criteria established by AYFS and in compliance with federal regulations will administer the school meals program. Professional development and continuing education will be provided for facility nutrition staff, as required by federal regulations.
3. Abraxas will provide adequate space, as defined by the facility and applicable licensing regulations, for eating and serving school meals.
4. Students will be provided a clean and safe meal environment and adequate time to eat their meals.
5. Students will have access to handwashing or sanitizing before meals and snacks.
6. Nutrition content of school meals will be available to students and parents/guardians.
7. Students may be involved in menu selections through various means such as taste-testing and surveys.
8. Goals of the School Wellness policy will be considered in planning all school-based or sponsored activities.

NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AT SCHOOL

1. All foods and beverages available at Abraxas during the school day will be offered to students with consideration for promoting student health and reducing obesity.
2. Foods and beverages provided through the National School Lunch or School Breakfast Programs will comply with established federal nutrition standards.
3. Foods and beverages offered at Abraxas-sponsored events outside the school day will offer healthy alternatives in addition to more traditional fare.

Competitive Foods*

Competitive foods available for sale will meet or exceed the established federal nutrition standards (*USDA Smart Snacks in School*). These standards will apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in the cafeteria, vending machines, school store, snack carts, and fundraisers.

* **Competitive foods** are foods and beverages offered or sold to students on school campus** during the school day***, which are not part of the reimbursable school breakfast or lunch.

** For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

***For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Non-Sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, will meet or exceed the standards established by the school.

If the offered competitive foods do not meet or exceed the *Smart Snacks in School* nutrition standards, the following standards will apply:

1. *Rewards and Incentives*

- Foods and beverages will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market).

2. *Classroom Parties and Celebrations*

- a. Classroom parties/celebrations with food/beverages will be limited to no more than one (1) per month in each classroom.
- b. Foods and beverages for parties and celebrations will be provided by the food service department to help prevent food safety and allergy concerns as well as meet *Smart Snacks in School* regulations set by the USDA.

3. *Shared Classroom Snacks*

- a. Shared classroom snacks are not permitted in the Phoenix Academy.
- b. Parents may not send any food items to the facility (school or residential program) for their student or to share with other students.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on the SPRTC campus during the school day will meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established AYFS policy, and/or administrative regulations.

Exclusive competitive food and/or beverage contracts will be approved by AYFS, in accordance with provisions of law. Existing contracts will be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.